It Is Not The Problems That Make You Who You Are; It Is The Person You Become That Make You Who You Are

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Chapter 1: It Is Not The Problems That Make You Who You Are; It Is The Person You Become That Make You Who You Are

This book is essential for anyone experiencing true adversity and problems with their life. It is not the problems that make you who you are; it is the person you become that makes you who you are. People have been wondering how to deal with their problems, adversity, challenges, and disappointment for many years. Thankfully, there is a way to deal with these issues, but it takes a lot of passion, purpose, energy, and courage to overcome the difficulties that you have been facing within your life.

Most people today have been struggling to deal with their problems in life and cannot find a real coping strategy to overcome the challenges and suffering. In this book, I will explain what you need to do to make sure you look after yourself, help other people and deal with your problems and adversity once and for all.

To the people reading this book, this is an important book, and you should read it if you want to overcome your problems and adversity and have a life of freedom and achieve your dreams.

“It is not the problems that make you who you are; it is the person you become that make you who you are” – Very Powerful Quote

Sometimes in people’s lives, they struggle to deal with their problems and spend lots of their times suffering and complaining about the difficulties they are experiencing. **But, in life, you have to understand your problems are there to serve you somehow, and your problems are there to make you learn important life lessons**. If you don’t go through serious problems, adversity, suffering, pains, hurt, or struggles, you will not fully understand how it has served you and helped you in some way. The powerful thing about learning from your problems is that it enables you to become the person you need to be in your life. However complex, challenging, tough life has been for you, there are always lessons to learn and understand for yourself.

Problems only help you become more passionate, purposeful, resilient, persistent, driven, and motivated to do one thing in your life: help other people, give back, and contribute to people’s lives. But for so many people worldwide and in the society that we live in, they fail to realise how important this

book and this message are *because people will say, "Yeah, I have many problems. I have gone through difficult challenges. I am so unhappy, vulnerable, and depressed."*

But the question is, what have you learned from your suffering and pains, and how can you use that personal experience to help others and make a difference in people's lives?

People are so full of their problems that they don't see the way out of dealing with them, so they become mentally depressed, very unhappy, really miserable, and even suicidal.

Dear reader, if you didn't go through some problems and challenges in your life, how do you think you would become the person you want to be? The problems you have faced have guided you to where you are today and, in a very profound way, helped you in your life. Yes, I know many people, plus myself that have experienced severe problems, suffering, pains, and challenges, but just as the title of the book says – it is not your problems but who you become.

The tricky thing for people to understand is how their problems help and support them in life. But the truth is that it can, and you have to understand the life lessons and what it teaches you.

So many people live a very busy life and are always doing many things that don't deal with their problems and adversity or suffering. They

think that being busy or earning lots of money will solve their life problems and struggles. The truth is if you don't find a way to solve your problems, you are going to be completely miserable, unhappy, and seriously unfulfilled. It is not about pursuing more money, buying more houses, or driving more cars to solve the problems. It is what you learn and understand about what you have faced and using what you learned and understood to help other people in what they are experiencing or going through.

Understanding that it is not your problems that make you who you are, but the person you are becoming is one of the most inspirational, motivational, and powerful things to ever realise in life because life will always come with problems and difficulties. It is not about how you misbehave, joke around, have fun, and play lots of games in your life that will solve your life problems. It is the way you understand the suffering you have gone through, the struggles of your life to overcome it, and help another human being who has also been through some pain and challenges.

Read this very carefully; you will go through problems and challenges. Then, in the next chapter, we will discuss how you can overcome your problems.

Chapter 2: Overcoming Your Problems

Dear reader, this is where this book gets serious. Try to understand the message that I am about to share. How do you overcome your problems in life? That is a critical question, and there is no right or wrong answer. I have always said that if you can help other people and give back in your life, this is a powerful way to solve your problems. If you find something in life that gives you true meaning and value and makes you entirely spiritually fulfilled, this can also solve your problems.

Overcoming your problems is a day-to-day practice that you must find for yourself, and as I said, there is no right or wrong answer. However, coping strategies have become one of the most crucial things in dealing with problems and struggles.

Some people have found their meaning and value by using their problems to help other people and give back and, of course, make a real difference to humanity and society. Some people have found fulfilment by doing things they are passionate about and what is important to them that help deal with the problems. Some people have found being with family and friends has helped them with their

problems. So basically, I am trying to say that there is no right or wrong answer in dealing with your problems. It is up to you to find what coping strategies can best help you in your life.

I want to share some of the coping strategies that I use for myself to deal with my problems, sufferings, and adversities:

- Journaling
- Learning
- Listening to Music
- Walking
- Talking to Samaritans Volunteers
- Eating Healthy Food & Drinks
- Being With Nature
- Going to the Gym & Exercising
- Praying
- Yoga
- Helping Other People & Giving Back
- Sleeping/Relaxing
- Bathing and Showers

These are some things I do to look after myself and deal with my problems, but you have to find a way to look after yourself and take care of yourself because if you don't, you may become very unhappy, miserable, depressed, and unfulfilled. My coping strategies will be different from yours, so develop your coping strategies by yourself.

Yes, we will all face problems, but by finding your coping strategies, you will be able to deal with yours.

In the next chapter, we will discuss helping other people.

Chapter 3: Helping Other People

This chapter is for the people that want to help other people and give back in their life. In helping other people and giving back, you will deal with many people who have severe problems. But if you don't find a way to deal with your own problems and overcome your life difficulties, you cannot help other people or even make a difference. Sometimes, when you are helping other people and giving back, you may get triggered by what clients say about their personal life experiences. That is okay and normal to experience but remember that you cannot help others or give back unless you help yourself first.

Helping other people is not just a job – it is a career path and vocation to choose in life.

The only way to overcome your problems and make a difference in other people's lives is to – **HELP OTHER PEOPLE, GIVE BACK, MAKE A DIFFERENCE, MAKE A CONTRIBUTION, & MAKE AN IMPACT.**

People don't help other people or make a difference because they always think about themselves and their problems. It is shocking but very true. The only way to stop thinking

about yourself and your life is to help other people going through difficult times. Sometimes, the healing you may experience from helping other people and giving back can completely transform all your personal negative life experiences and problems in some inspirational and influential way.

***Philippians 2:4**: "Let each of you look not only to his own interests but also to the interests of others."*

Dear reader, I have put this scripture in this book to prove something about helping other people in the Christianity Faith. Don't look into your interest but into the interest of others. That is one of the most powerful scriptures in the Holy Bible, and it explains helping other people carefully.

When you live a selfish life, you will always be thinking about yourself.

When you live a selfless life, you will always help other people and make a difference.

You should not think about yourself when helping other people and giving back.

You need to entirely devote your life, career path, vocation, volunteering, and business to helping other people and giving back.

Looking into the interest of others is very important, and it is a must when helping other people. So stop thinking about your problems,

your struggles, your pains, and your hurts. Instead, do something to help other people and give back.

Use the problems you have faced to help other people with their difficulties.

Helping other people is not about you; it is about others.

Once you understand that your problems can help another person in what they are experiencing, you understand that your problems have only served you to contribute and help another person.

It Is Not The Problems That Make You Who You Are; It Is The Person You Become That Make You Who You Are.

Chapter 4: Becoming The Person You Want To Be

To understand the person that you want to become, you have to realize that you must deal with your problems, suffering, adversity, challenges, hurts, and pains first. Once you understand what you have gone through and your life experiences, you can become the person you want to be.

The more successful way to become what you want to be is to deal with your problems with your coping strategies and then devote your whole life to helping other people and giving back.

Once you understand yourself and gain real wisdom and knowledge of your life experiences, you can make a massive contribution and difference in others.

Selflessly helping other people and giving back will make you become what you want to be, and by becoming genuinely selfless and humble, you can achieve whatever you desire and want in your life.

SELFLESSLY HELPING OTHER PEOPLE

HEALTH & WELL-BEING

COPING STRATEGIES TO DEAL WITH YOUR PROBLEMS

DEVOTE YOUR LIFE TO HELPING OTHER PEOPLE & GIVING BACK

Success is – the more people you help, the more successful you become.

How to gain success, prosperity, riches? Help hundreds, thousands, millions, billions of people everywhere and always the time.

BECOMING WHO YOU WANT TO BE MEANS YOU WILL HELP OTHER PEOPLE & GIVE BACK.

Thank you for reading this book, and remember - **it is not the problems that make you who you are, it is the person you become that makes you who you are.**

Deal with your problems and help as many people as you can in your life.

I sincerely hope this book has served you greatly.

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